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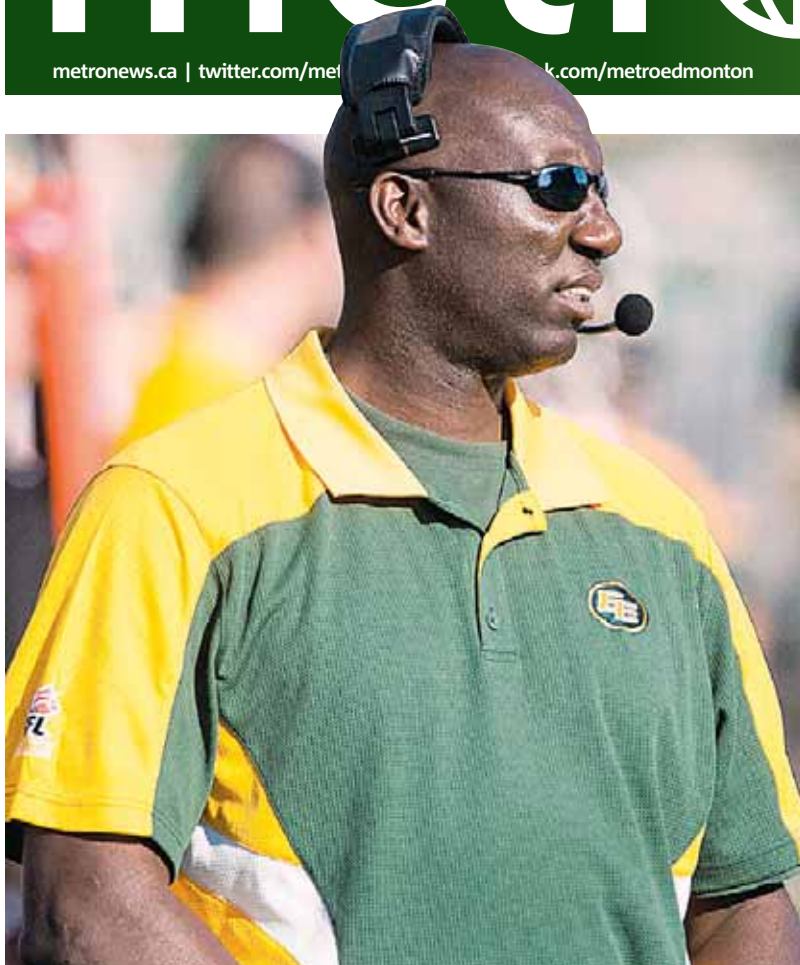
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Monday, July 9, 2012



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1 POINT?

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Edmonton Eskimos head coach Kavis Reed looks to the field during second-quarter CFL action against the Saskatchewan Roughriders in Regina on Sunday. The Roughriders won the game 17-1. LIAM RICHARDS/THE CANADIAN PRESS

South-side apartment fire suspicious: Investigator

Injuries. Four taken to hospital, including woman suffering from burns



HEATHER MCINTYRE
heather.mcintyre@metronews.ca

Investigators say a fire early Sunday that sent four to hospital is suspicious.

The blaze broke out on the second floor of a four-storey apartment building at 86 Avenue and 99 Street around 3 a.m. — and spread rapidly, said Capt. John Yaschuk.

Many residents awaited rescue from their balconies,

though some climbed and jumped down, he said.

Though he couldn't elaborate, Yaschuk said there was suspicious activity in the suite prior to the fire. The Edmonton Police Service offered no comment Sunday.

Robert Booth was at home across the street when the fire broke out. He and some friends ran to help as the woman who lived in the suite where the fire originated exited through the front door.

"Her hair was on fire, her skin was on fire," said Booth.

She was taken to hospital, while three men were transported for smoke inhalation.

Yaschuk said the initial



The investigation continued Sunday afternoon at the site of an early-morning fire. HEATHER MCINTYRE/METRO

investigation indicates drugs are not involved, and that explosions reportedly heard were caused by aerosol cans. He estimated the damage at \$600,000.

Follow Heather McIntyre on Twitter @Metro_Mac



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GuZoo. Owners likely headed back to court in fall

Rumours from both camps suggest the fate of a controversial Alberta roadside zoo could be determined this fall, but supporters of the 22-year-old attraction have proactively called on the premier to take action.

GuZoo, which is located near Three Hills and opened in 1990, was slapped with a number of sanctions last summer amid claims from the organizers of a social-media campaign that practices and living conditions for a number of exotic animals on site were not up to par.

But the province's push to decommission the facility entirely was held over pending the results of a judicial review. GuZoo owners and a representative from Sustainable Resource Development (SRD) both told Metro it appears a ruling could come this fall.

"I think we addressed a lot of concerns about public safety (at GuZoo) and concerns for the animals," said SRD spokesperson Dave Ealey.

But GuZoo owner Lynn Gustafson said he has no plans to throw in the towel.

"We have done nothing wrong," he said. "That's always been clear to me."

Gustafson's daughter Irene has also written a letter to Premier Alison Redford, claiming "Internet petitions hold no water in (the) Alberta government" and asking her to intervene.

JEREMY NOLAIS/METRO IN CALGARY

Correction

The Core Crew pictured in Friday's paper giving out portable ashtrays is sponsored by the Downtown Business Association, not the City of Edmonton. Metro regrets the error.

Report. 20th and 25th anniversaries to be celebrated at city hall

Celebrations are indeed in store for city hall's 20th anniversary — but a "more significant" celebration is being saved for the 25th in 2017.

Coun. Jane Batty inquired about plans back in May for the August anniversary.

According to a report before councillors Monday, there will be celebrity tours, a photo exhibit, and recognition of the city hall and Friendship Tower builders, as well as past members of council. **METRO**



City hall CONTRIBUTED

Man killed. Speed likely a factor in deadly motorcycle crash: Police

An Edmonton man is dead after crashing his motorcycle early Sunday morning on the city's north side.

Police responded to the single-vehicle crash in a residential area near 153 Avenue, between 59A Street and 66 Street, at approximately 3:40 a.m., according to a news release.

Police said initial investigations lead them to believe the 22-year-old driver of the Suzuki RGSX motorcycle left the road and struck an elm tree.

A passing motorist stopped and attempted CPR to revive the driver, but he died on scene, said police.

Police believe speed was a factor in the collision, and advised motorists to use other routes through the morning as the investigation continued. **METRO**

Online

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metronews.ca



Signature span gets coming-out party

Fort Edmonton bridge.

Hundreds turn out to
celebrate latest link
in river-valley trail



MAURICE
TOUGAS
maurice.tougas@metronews.ca

It might have been one of Edmonton's best-kept secrets, but not anymore.

The Fort Edmonton footbridge, a signature span that connects the west-end neighbourhood of Wolf Willow with the south-side neighbourhood of Brander Gardens, has been open for about 18 months, but weather conspired against a coming-out party. But the communities and the city got together for a unique, over-the-river block party Sunday, and hundreds of Edmontonians soaked in the scenery and the heat to celebrate the bridge.

By the numbers

- The Capital Region River Valley spans 88 km.
- The bridge and trail cost \$28 million.

To the River Valley Alliance, a union of seven municipalities, the bridge is the latest link in the river-valley trail system.

Sheila Thompson, an Edmonton representative on the alliance, says the trail system will span 88 kilometres when it is completed.

"My husband and I were very surprised and impressed by how beautiful it was," said Thompson, referring to the first time she saw the bridge last year.

The alliance kicked in \$3.5 million towards the bridge trails.



People stroll along the city's latest footbridge, linking the west and the south. MAURICE TOUGAS/METRO



NEWS

On the web

Hair-raising heist

Three thieves battered through a wall and dodged motion detectors to break into a Chicago beauty-supply store to steal \$230,000 worth human-hair extensions. Read more about the heist at metronews.ca.

Mobile news



A man from Massachusetts has paid off his 35-year mortgage in true penny-pinching style: By making his final payment entirely with pennies — about 62,000 to be exact, weighing about 360 kilograms. Scan the code to learn more about this master copper-roller.

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Islamists stage massive demonstration

Pakistan. Uproar follows decision to allow NATO countries to resume shipping supplies through country

Thousands of hardline Islamists streamed toward Pakistan's capital in a massive convoy of vehicles Sunday to protest the government's decision to allow the U.S. and other NATO coun-

tries to resume shipping troop supplies through the country to Afghanistan.

The demonstration, which started in the eastern city of Lahore, was organized by the Difah-e-Pakistan Council — Defence of Pakistan Council — a group of politicians and religious leaders who have been the most vocal opponents of the supply line.

Pakistan closed the route in November in retaliation for American airstrikes that killed

Quoted

“By coming out on the streets, the Pakistani nation has shown its hatred for America.”

Difah-e-Pakistan leader, Maulana Samiul Haq.
Known as the father of the Taliban

24 Pakistani troops. Following months of negotiations, Islamabad finally agreed to reopen

the route last week after U.S. Secretary of State Hillary Rodham Clinton apologized for the deaths.

Clinton met with Pakistani Foreign Minister Hina Rabbani Khar for the first time since the apology Sunday on the sidelines of an Afghan aid conference in Tokyo and expressed hope that resolution of the supply line conflict would lead to better relations between the troubled allies.

THE ASSOCIATED PRESS



Protesters rally in Lahore, Pakistan, Sunday. K.M. CHAUDARY/THE ASSOCIATED PRESS

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Syria. Assad rejects comparisons to other leaders in rare interview

Syrian President Bashar Assad said in an interview broadcast Sunday that he is not afraid of meeting the same fate as the deposed and disgraced leaders of Libya and Egypt, saying he has nothing in common with them.

In one of his rare interviews with Western media since the deadly uprising in Syria erupted last year, Assad brushed off a question about whether he feared for his family, including his wife and three children.

“It’s a completely different situation,” he told German broadcaster ARD. “What’s happening in Egypt is different from what is happening in Syria ... You cannot compare,” he said.

He also rejected any comparisons with Libya, where rebels helped by NATO air strikes toppled the regime. Libyan leader Moammar Gadhafi was killed while fleeing advancing opposition fighters.

“Describing what happened to al Gadhafi, this is savage, this is crime,” he said in the interview that was conducted in English.

The 16 months of upheaval in Syria, spurred by the Arab



Syrian President Bashar Assad
THE ASSOCIATED PRESS

Spring’s pro-democracy movements across the Middle East, have left well over 14,000 people dead, according to activists. They accuse the autocratic ruler of crushing legitimate protests seeking reforms by waging a war against his own people.

But in the interview, the 46-year-old Assad, who has ruled Syria since taking over from his father in 2000, accused the U.S. of fuelling the uprising, saying that Washington ultimately bears responsibility for the deaths of innocent civilians in the Middle Eastern nation.

THE ASSOCIATED PRESS

Emergency meeting

Egyptian generals to discuss recall of Islamist-dominated parliament

Egypt’s official news agency says the country’s top generals are holding an “emergency meeting” to discuss the surprise decision by the president to recall the dissolved, Islamist-dominated parliament.

Last month, the then-ruling generals ordered the legislature dissolved following a ruling by Egypt’s highest court that a third of the parliament’s members were illegally elected.

THE ASSOCIATED PRESS

Syria

Flexing their military muscle

In a show of force, Syria began large-scale military exercises Sunday to simulate defending the country against outside “aggression.”

Damascus’ staunch ally Iran warned of a “catastrophe” in the region if no political solution to the 16-month-old Syrian conflict is found.

Tehran is Syria’s closest ally, and has stood by President Bashar Assad’s regime throughout the revolt against his rule despite a growing chorus of international condemnation.

THE ASSOCIATED PRESS

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Death toll tops 170 in Russian floods

Black Sea region.

President Putin orders investigation into whether enough was done to protect citizens

Russia's president moved quickly to address anger over the deaths of at least 171 people in severe flooding in the Black Sea region that turned streets into swirling muddy rivers and inundated thousands of homes as many residents were sleeping.

Vladimir Putin, who was criticized in past years for a delayed or seemingly indifferent response to disasters, flew to the region in southern Russia, committed to showing he was taking charge of the situation.

He ordered the head of Russia's investigative agency to establish whether enough had been done to warn people about the floods. Federal prosecutors also said they were investigating whether the population had been properly protected from "natural and technological catastrophes."

Russia has seen a series of natural and man-made disas-

Elsewhere ...

In India, the death toll has risen to 121 as damage mounts from monsoon floods that devastated the northeastern state of Assam.

- About half of the 2.2 million people who were displaced remain in makeshift shelters or with relatives or friends.
- The central government has offered \$90 million in aid to the agricultural state, where at least 627,600 acres of rice fields and other crops have been affected.

ters in recent years, many of them blamed on aging infrastructure or lax safety rules.

The Interior Ministry said Sunday that 171 bodies had been recovered, 159 of them in and around Krymsk and 10 in Gelendzhik, including five who were electrocuted after a transformer fell into the water. The majority of the dead were elderly who were unable to escape the sudden deluge.

THE ASSOCIATED PRESS



A local resident stands at a flooded house in Krymsk, Russia, on Sunday. IGNAT KOZLOV/THE ASSOCIATED PRESS

Rescued aid worker taking break



Canadian Steven Dennis, 37, arrives by helicopter at Wilson airport in Nairobi, Kenya, on July 2. KHALIL SENOSI/THE ASSOCIATED PRESS

A Canadian aid worker who was kidnapped in Kenya says he's taking some time off to think about the future.

Steven Dennis, 37, was one of four workers kidnapped June 29 and rescued in Somalia just days later.

The Toronto man told a news conference Sunday that he's grateful for the rescue effort.

Dennis says kidnappings are one of the risks of aid work and he will re-evaluate whether he wants to continue taking that kind

of risk. He's taking a few months off and not making any plans.

The four workers were rescued last Monday after three days in Somalia, when authorities swooped down on the group, killing one kidnapper.

Also kidnapped and rescued were Qurat-ul-Ain Sadazai, 38, of Gatineau, Que., Astrid Sehl, 33, of Norway, and Glenn Costes, 40, a Filipino, who was shot and injured during the initial kidnapping. THE CANADIAN PRESS

Afghanistan. Donor nations promise aid will stay after troops leave

Canada and other major donors sought to assure Afghanistan that development aid will not dry up when foreign troops leave the country by pledging billions of dollars through 2015, on the condition the money is not squandered through corruption or mismanagement.

The country is highly dependent on foreign aid, and there is concern Afghanistan could descend into chaos if the

government cannot support itself after most NATO troops withdraw in 2014.

Donors from around 70 countries and organizations pledged \$16 billion in development aid for Afghanistan on Sunday at a one-day conference in Tokyo. Canada will contribute an extra \$227 million in development aid between 2014 and 2017. THE CANADIAN PRESS

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Taxman's pilot project exposes unreported tips

Canada Revenue Agency. Auditing blitz in St. Catharines, Ont., finds 'surprising amount' of unreported income by wait staff

A blitz by Canada Revenue Agency auditors on an unfortunate group of waiters and waitresses in one Ontario community has exposed "very surprising" amounts of unreported tips and gratuities.

The pilot project targeted 145 servers in just four restaurants in St. Catharines, Ont.

Auditors reviewed two years' worth of income and found that every individual had hidden some portion of their tips from the taxman, with about half reporting no tips whatsoever.

Underground economy

The Statistics Canada study, using macro-economics rather than direct measurements, estimated undeclared tips were worth some \$1.3 billion in 2008 — a small fraction of the underground economy.

- A spokeswoman for the Canada Revenue Agency said officials are still reviewing the pilot project before deciding next steps.

In the end, the blitz flushed out \$1.7 million in unreported tips and gratuities — almost \$12,000 for each person.

"Our results indicate that tips are more likely to be 100 per cent to 200 per cent of ... wages. In essence, they are only

reporting five per cent to 10 per cent of earned tips/gratuities," says an internal report on the project.

The auditors conclude: "The amount of unreported income was very surprising."

The Canadian Press obtained a heavily censored copy of the 2010 report under the Access to Information Act, after an 18-month delay by the Canada Revenue Agency that violated legislated deadlines.

The St. Catharines' blitz was among dozens of pilot projects across the country that targeted the underground economy, estimated to be worth as much as \$36 billion in 2008, according to a Statistics Canada study prepared for the revenue agency.

The tax agency has long known that the hospitality industry is rife with tax-reporting abuse, partly because tipping is often done using cash.

THE CANADIAN PRESS



The fabric of China's fortune

A worker lays out fabric at a furniture manufacturing factory in Zhanjiang, China. The city in Guangdong province, the heart of China's export-driven manufacturing industries, reflects the conflict between the Communist Party's need for a robust private sector and its determination to build up state-owned companies. The backbone of the local economy is private factories that employ thousands of people making furniture and traditional Chinese medicines or processing seafood. ANDY WONG/THE ASSOCIATED PRESS FILE

Tax overpayment

AIG sues U.S. feds for \$30.2 million

American International Group, the insurance giant saved by a massive federal bailout, wants some tax money back — from 1991.

AIG is suing in Federal Claims Court in Washington for \$30.2 million US. It says that's how much interest is owed from an overpayment 21 years ago.

AIG said it underpaid taxes for 1997, 1998, and 1999. But it said the government owes it interest for an overpayment in 1991.

New York-based AIG said it filed the lawsuit on Thursday because the statute of limitations on its claims was about to run out.

AIG's \$182.5 billion bailout was the largest of the financial crisis.

THE ASSOCIATED PRESS

Retail

Target Canada gets go-ahead

Ottawa has approved Target's plan to enter the Canadian market and sell books and other cultural products such as DVDs, music and magazines.

The plan by the U.S. retailer to open stores in Canada was reviewed under the Investment Canada Act to ensure the store's shelves will have enough homegrown content.

In approving Target, Heritage Minister James Moore said the retail chain plans to create more than 20,000 new jobs and has committed to sell uniquely Canadian cultural products in its Canadian stores.

The review was launched in March to see if Target's plan to open stores in Canada would be of net benefit to the country.

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Banks permitted to choose dispute body

The Canadian government is proposing a set of new standardized rules to govern how complaints against big banks are handled, but Ottawa is formally giving banks permission to pick who will hear customer disputes.

The new rules follow the departure of the Royal Bank in 2008 and Toronto-Dominion in 2011 from having complaints heard by the federally appointed Ombudsman for Banking Services and Investments (OBSI) in favour of ADR Chambers, an independent dispute settlement service.

Although there was no specific regulation on the point, the government will now formally allow other private agencies to enter the

field of adjudicating consumer complaints as long as they meet certain standards.

Critics were quick to pounce on the announcement.

The Public Interest Advocacy Centre called the regulations weak and said they would could "destroy" OBSI since rivals more to the banks' liking are likely to emerge.

"The regulations require these external complaints providers to have people who are working on complaints be impartial and independent of the parties, but everyone knows the banks will choose a provider that gives them favourable results," said John Lawford, counsel for group.

"The bank is choosing



Finance Minister Jim Flaherty
THE CANADIAN PRESS

them, the bank is paying them — it doesn't sound like an independent process to me," added NDP finance critic Peggy Nash, who called on Flaherty to reinstate the previous system back in May.

Tyler Fleming of the OBSI said the original intent of establishing a dispute settlement system in 1996 was that it would be heard by one body, noting criticism that allowing competing services encourages a "race to the bottom" on standards.

Under the new framework, expected to come into force following a 30-day consultation process, dispute-settling bodies must be federally approved and will come under the supervision of the Financial Consumer Agency of Canada.

They will also be required to make their decisions sooner and meet standards of independence and transparency.

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FROM THE GOOD TO THE NOT-SO-GOOD OF EDMONTON



**URBAN
COMPASS**
Terence Harding
edmonton@metronews.ca

For me, last week in Edmonton was about the good, the bad and the ugly. The good was a visit to Capital Boulevard. The city is renovating five blocks of 108th Street between the Legislature and MacEwan University.

This is going to be an example of taxpayer money well spent. Even at this stage, it's apparent the results are going to be spectacular.

Combined with the renovations underway at the Federal Building, this project is going to make the entire area something befitting of a capital city.

If you haven't seen what's going on, you might want to take a walk around the area.

Hopefully, the renovation will meet its September deadline.

The bad was the unveiling of the Famous Five mural on the parking garage at 100th Avenue and 102nd Street. It's a shining example of revisionist history.

Apparently, we should forgive Nelly McClung for her views on the sterilization of the mentally challenged.

She supported Alberta's Sexual Sterilization Act of 1928, a law that was in effect until 1972. Many people who were sterilized are still alive today. I wonder how they feel about Nasty Nelly.

We are also supposed to ignore her complete disregard for aboriginals. I wonder how our aboriginal population feels about having her honoured this way?

We are also supposed to forget about her racist rants. I wonder how our Afro-Canadian and Chinese communities feel about a woman who wrote, "...it sometimes seems as if the white race lacks both the physical and moral stamina to protect itself, and that maybe the black and yellow races may yet obtain the ascendancy."

The rationale for overlooking these egregious sins? She was reflecting the thinking of her time.

For the ugly, there was the mess at the north side of 102 Street and Jasper Avenue.

Part of the street is being blocked off to allow for the storage of building materials for the redevelopment of the old Bank of Montreal Building.

Not only is this creating traffic problems, it's negatively affecting businesses on the east side of 102nd Street. Apparently those small businesses don't have the clout with the city that a developer does.

Big surprise.

Slipping on the bars

Olympic gymnasts in a sticky situation

As the U.S. men head off to their final training camp before the London Olympics this week, several gymnasts will be toting plastic bears filled with honey. Or bottles of Karo syrup.

Really. And no, it's not for breakfast.

Some of the equipment can be as slick as ice, and gymnasts have had to get creative in order to keep a

grip on things.

"You start slipping off the parallel bars and you're like, 'How do I hold onto this?'" said Jonathan Horton, a two-time medallist in Beijing.

For most, honey does the trick. Others use syrup. Whatever the sticky substance, they rub it on their hands, run their hands along the bars and then cover both with a layer of chalk. (The women have a similar routine on uneven bars, though most just spray water on them and then dust them with chalk.)

THE ASSOCIATED PRESS

Weren't you ever told...



STÉPHANIE KILGAST/PETITPLAT.FR

...not to play with your food?

Miniature 'food'

Micro meals make for masterful art

These delicious-looking platters look like tasty tiny treats, but, in truth, it's for your eyes only ... as they are made of clay. Stéphanie Kilgast, a 26-year-old French artisan from Vannes, Brittany, in northwestern France, has been making miniscule works of 'food' since her childhood. Metro chatted with Kilgast about her appealing art.

METRO

Kilgast explains...

- **How it's done.** "I sculpt using polymer clay and then bake the designs in the oven. The actual sculpting can be quick, but the composition can take some time. Very simple dishes can be done between 30 minutes and two hours."
- **It looks so life-like.** "I'm obsessed about the quality. I will rework certain items over and over again until I'm happy. I always work with pictures of real food and sometimes the real food just beside me."

- **Biggest problem.** "I get hungry! That can be problematic."

- **How it started.** "When I was a child, I did miniature food for my dolls and have always been into arts and crafts. Later, when I was still studying architecture, I was supposed to work for the summer, but didn't find a job, so I went to my parents for seven weeks. After two days, I got bored and searched the web to find a new craft. I stumbled upon miniature food and that intrigued me again. I started a few hours later and never have stopped since then."

Tasty number

2

centimetres is the typical size of one miniature food dish — that's roughly the size of a regular postage stamp. Kilgast is currently working on a tutorial book on how to cook up some appetizing-looking 'food.'

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Chris Klein plays Oz in the American Pie franchise. GETTY IMAGES

Chris Klein is one lucky guy when it comes to American Pie

No cringe-worthy scenes. While the rest of the cast has found their characters in some compromising scenes, Klein's Oz has escaped unscathed

Jim cosied up to pie, Michelle dropped her band-camp flute bomb, Finch romanced Stifler's mom, and Stifler had a whole host of sight gags.

But in the history of the American Pie comedy film franchise, fellow character Oz hasn't done anything terribly embarrassing, much to actor Chris Klein's relief.

"I kind of feel like in this franchise I dodge a bit of a bullet playing Oz, because he doesn't necessarily get himself into the real zany humour of the whole thing," Klein said in a recent telephone interview.

Still, Klein did have to learn a "ridiculous hip-hop dance routine" for American Reunion, which comes out on DVD, Blu-ray, and on demand on Tuesday. The scene involves

Oz, the former high-school jock and choir member, going on a televised dance competition.

Klein said when directors Jon Hurwitz and Hayden Schlossberg pitched the idea to him over lunch, he laughed so hard people from other tables were staring at him.

"I really went for that in a very, very big way."

But not so big that he's brought those new moves to the dance clubs, he noted. "Listen, I keep my dancing strictly for the comedy set lest I set myself up for massive amounts of mockery, because one thing I learned about hip-hop dancing is that a six-foot-tall, 205-pound man has no business doing hip hop, especially at 32," said Klein.

In American Reunion, all the characters from the hit original 1999 film come together for one wild weekend at their Michigan high school.

"To be a part of something that has transcended three generations of fans is such an incredible thing and I would definitely be stoked to do it again," said Klein.

THE CANADIAN PRESS

Reunion

The pie that binds them together

American Reunion is one of three sequels in the franchise after American Pie 2 and American Wedding. The franchise also has four spin-off films.

Chris Klein said he and his castmates from the original '99 film have remained "incredibly close" over the years and have a "very cohesive, incredibly unique relationship and bond based on these movies."

"These are men who I cannot see for however long and when we come back together, whether it be for a dinner that we had planned or whether it be for another movie in the American Pie franchise, we pick up right where we left off, like no time has passed at all," said Klein.

2

SCENE

Box office

Spider-Man climbs to top of box office

Your new friendly neighbourhood Spider-Man has spun himself a \$65 million opening weekend and \$140 million in his first six days at U.S. theatres. Worldwide, *The Amazing Spider-Man* has climbed to \$341.2 million. The movie started off as a smaller domestic moneymaker than the previous three Spidey films, but it laid to rest objections that it was too soon to relaunch the superhero franchise.

THE ASSOCIATED PRESS

On the web



Canadian filmmaker wins directing prize at Karlovy Vary film festival

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A veteran TV & film actress explores new avenues

Passion projects. Madeleine Stowe goes over her roles as an actress, director, humanitarian, wife and mother

ROMINA MCGUINNESS
scene@metronews.ca

In TV drama *Revenge*, Madeleine Stowe plays Victoria Grayson, a glamorous Hampton's matriarch weighed down by the secrets of her past.

How does it feel playing a powerful she-wolf? "I would never want to know Victoria and I would never want to be her, but she's so much fun to play. She's incredibly passionate, and insane in some ways, but the truth is she's just really lonely."

Rather than portraying Grayson as a typical Hampton society matron, Stowe suggested making her character more sexy than stern by adding a more Latin-like edge to her demeanor. "I wanted her to be more of a Sofia Loren." And although she enjoys wearing clothes fresh off the runway, it does leave her with a guilty conscience.

"She lives an extravagant lifestyle, so I wear a lot of Dolce & Gabbana, Alaïa, Dior and L'Wren Scott. But I do a lot of work in Haiti (she's on the Board of Directors for Artists for Peace and Justice) where I see real poverty-stricken people, so there is some guilt."

Looking high maintenance is part of the job, but that aside, it's hard to believe Stowe is in her fifties. "I do facial exercises so that I don't wrinkle. You just need to push your cheek to the side 100 times. But I'm not a girly girl who loves perfume and bubble baths. I hike and do Pilates but I don't like anything that taxes me too much. I'm lazy!"

When she's not filming, Stowe leads a very reclusive lifestyle. Her last big screen appearance was in 2002 in *When We Were Soldiers*, alongside Mel Gibson (who, for the record, is "wonderful"), but she soon swapped Tinseltown for Texas, settling down on a ranch with her husband, actor Brian Benben, and their teenage daughter.

The move is what allowed her to disconnect and focus on more personal projects. "It's so important to be productive. We all have this well of emptiness that has to be filled somehow."

So how did she fill hers? Next year, Stowe is making her directorial debut on the epic Western she co-wrote, *The*



Madeleine Stowe's TV show *Revenge* airs on CityTV. FRANCOIS DURAND/GETTY IMAGES

Unbound Captives, starring Hugh Jackman, Rachel Weisz and Robert Pattinson.

In the meantime, Stowe will be back on the set of *Revenge* this summer filming season two.

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NORTHLANDS

Revenge. Josh Bowman on what's to come for his spoiled, aloof billionaire

In ABC's hit drama series *Revenge*, Josh Bowman plays spoon-fed billionaire Daniel Grayson.

He is blissfully unaware of the torment happening around him. He is seduced and used by Emily Thorne (the show's main protagonist played by Emily VanCamp), whose sole motivation in life is to get back at the people who caused her father's disgrace and death — including Daniel's parents. After a first season full of twists and turns, Bowman is looking forward to some steady ground in season two.

"We tried a number of avenues to see what direction to take Daniel in and not all of them worked. Then again if I did have a clue about what she (Thorne) was doing then the show would kind of end," he says.

But where would he, Josh, like to see this go? "I'd like to have a f— clue. But I do feel we've finally found our ground. No longer being the good guy makes Daniel a little more three-dimensional, he'll have his own motivations and secrets to protect. For me, as an actor, some sort of a stable storyline will be a lot easier to build upon. So hopefully by season two he becomes much more clued in to what is going on. I f— hope so."

Bowman's character is the biggest tool on the show.

"I've been used as a pawn, a bit of an obstacle for the main characters. I don't love it at all because as an ac-

tor, you want to know what's ahead." However, there is a plus side to being kept in the dark. "There's some great stuff in not knowing. This is a show that can be successful because it's so windy, twisty and turny."

Daniel Grayson may not know where he's headed, but Josh Bowman sure does. "I believe in taking risks and if you fall flat on your face then fine. You only get a handful of chances and then you're out of the window. As an actor, you have to challenge yourself, not to be pigeon holed. I would never want to do this (Daniel) again as it would just get boring. I want longevity. I want to carry on learning. I'm 24 and honestly, there aren't many great acting jobs for people my age. You don't really mature until you're in your thirties, so I'm going to use all this time to learn. Hopefully I'll still be working by then, and I'll be able to show people I've come into my own as an actor. My theory is fail to prepare, prepare to fail."

ROMINA MCGUINNESS/METRO



Joshua Bowman in *Monaco*.

FRANCOIS DURAND/GETTY IMAGES

The sci-fi captain turned crime solver



Nathan Fillion plays Richard Castle in ABC's *Castle*, which airs on CTV. HANDOUT

Nathan Fillion's life changed the day he was cast as Captain Malcolm Reynolds in the cult space-western series *Firefly*, written and directed by Joss Whedon (*The Avengers*).

Today, Fillion, star of the TV series *Castle*, would like to thank Whedon ... for everything.

"*Firefly* was the most favourite job I ever had, I truly loved it. It was every dream come true. It changed me as a person; how I work and the kind of work I do. I feel stupid considering how emotional I get about it."

But when the show was

Quoted

"I find it very difficult wishing for more because I got everything I wanted."

Castle star Nathan Fillion

prematurely cancelled, Fillion wasn't ready for it.

"I didn't see it coming. I'd fallen in love with it so it was like being broken up with the best girlfriend you've ever had. I was depressed and the only comfort I found was in chocolate ice cream. I put

on 20 pounds and it wasn't pretty."

Thankfully, just two years later, Fillion was offered the lead in *Serenity*, a film based on *Firefly*. Yet another dream was coming true.

"I find it very difficult wishing for more because I got everything I wanted."

Whatever Whedon asks for, Fillion does. "I have a rule: every time Joss calls me to say, 'let's do this project,' I'll do it. He's done more for me single-handedly than anyone else. I've had more success with *Castle* than I dared to dream of and I wouldn't have had it

had it not been for Joss, because no one would hire me for a lead role. No one would give me a chance to prove myself. But Joss was that guy."

But let's shift our focus over to Fillion's current role in ABC's comedy series *Castle*, where he plays Richard Castle, a mystery novelist helping the NYPD solve unusual crimes.

So has he managed to pick up any good detective skills from the show? Apparently not. "Me, Nathan Fillion, solving crimes? I'm not very bright so no, a lot of murderers would get away."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Humphries stands alone

THE WORD
Monica Weymouth
Metro World News in New York

It seems everyone has had enough of Kris Humphries. After reports that his Kim Kardashian rebound, ex-girlfriend Myla Sinanaj, is pregnant, his publicist dropped him as a client. "They went different ways because Kris was becoming too much to handle. These stories about him (dating) girls would pop up (in the press), and he'd deny it — then it would turn out to be true," a source tells Life & Style. "Kris tries to put on this innocent, good-hearted image, but as you get to know him, it just doesn't turn

out to be true."

Unfortunately, being a scheming drama queen won't get you fired from this page. Kris, buddy, we'll check in tomorrow.

Want to hang at home with Gwen Stefani?

After fellow celebs George Clooney and Sarah Jessica Parker invited the Obama campaign over for a party, Gwen Stefani is hosting a Family Fun Day at her home with Michelle Obama. For \$1,000, a family of four can head over to enjoy some "child-friendly campaign fun" at her L.A. mansion on August 12.

Does this include playing dress up with her No Doubt wardrobe? If so, completely worth it — and dubs on that polka-dot Don't Speak dress.



Katie Holmes. ALL PHOTOS GETTY IMAGES

What do Katie, Nicole and Mimi have in common — besides Tom Cruise?

Some eagle-eyed gossip-watchers have noted that all of the actor's wives — Mimi Rogers, Nicole Kidman and now Katie Holmes — have called it quits with him at the age of 33.

Just an odd coincidence? Maybe not. In a recent survey conducted by British social-networking site Friends Reunited, 70 per cent of respondents over the age of 40 claimed they weren't truly happy until they turned 33.

"By this age innocence has been lost, but our sense of reality is mixed with a strong sense of hope, a 'can-do' spirit, and a healthy

belief in our own talents and abilities," psychologist Donna Dawson says in the survey's findings.

Twitter



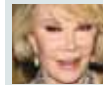
@RedHourBen

Watching Die Hard W/ a Vengeance on broadcast TV. "Yippy-ky-yay MY FRIEND" doesn't quite pack the same punch.



@MissKellyO

Really? The a-hole in front of me almost knocked me out putting her seat back Might get a black eye Im going 2 kick her seat all the way to LA



@Joan Rivers

I love performing on Cape Cod!!! It's the most popular tourist destination for gay men, if you don't count John Travolta's hotel room.



@ConanOBrien

Justin Bieber's new album is not selling as well as expected. Think how bad it would be doing if I hadn't bought 50,000 copies.

Biebs blames his need for speed on pursuing paparazzi

Justin Bieber's need for speed got him in a bit of hot water late last week when he was pulled over and cited for going more than 100 miles per hour in his \$102,000 Fisker Karma sports car on the 101 freeway through the San Fernando Valley, says E! News.

But he apparently wasn't just out for a joy ride, as Bieber reportedly told Califor-

nia Highway Patrol officers that he was evading pursuing paparazzi.

Whether or not that's true, his driving clearly frightened other drivers, including L.A. City Councilman Dennis Zine. "It was a very dangerous, chaotic situation," Zine tells E! "When he passed me, he was ... driving in a careless, reckless fashion."



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LIFE

Battle the heat

Places to cool down the kids

It's summer in Canada — and it's hot! Here are some cool places to take hot kids:

1. The public library. It's cool and free. It also has a great kids section of books, colouring books and magazines. It even has reading time drop-ins.
2. Mall walking. Stroller walking a mall is great exercise (and it's air conditioned).
3. Play date. Have a buddy over to play. Break out the sprinkler, buckets of water or the baby pool.
4. Crafts in the cool basement.
5. Swim in the bathtub. Cool the hot kids off with a swim in the bathtub. It takes the chore of a bath and turns it into fun when you do it in the middle of the afternoon, while wearing a swimsuit!

And remember, whether you stay home or go out — drink lots of liquids (both you and the kids) to keep hydrated.
CAROLINE FERNANDEZ,
YUMMYMUMMYCLUB.CA

On the Web



Early full-term babies may face later academic woes; more time in womb is better, study says

Clean up

No Popsicle mess

Popsicles are great in the summer, but they can be super messy. Combat this by cutting a little slit in the middle of a cupcake liner and then slipping the Popsicle stick through the slit. The cup will catch all of the drips! KAREN HUMPHREY, YUMMYMUMMYCLUB.CA



Catching the drips is simple with a cupcake liner. ISTOCK

Iced coffee fix

Great to last sip

Does your iced coffee start out perfectly brewed but then rapidly become nothing but a glass of mostly water thanks to those pesky melting iced cubes?

Try making your ice out of coffee instead of water!

Brew your coffee, pour it into ice cube trays

and freeze. When you pop the coffee cubes into your iced coffee, your drink will maintain its full strength as you sip away.

Keep plenty of coffee cubes on hand in your freezer to keep you going all summer long! JEN CHARON, YUMMYMUMMYCLUB.CA



Avoid watered down ice coffee with coffee ice cubes. ISTOCK

It's DIY childrens' meals

Baby food. Making your little one's food doesn't have to be all that intimidating

SARAH DEVEAU
yummymummyclub.ca

Making your own baby food is quick, cost-effective and rewarding. All you need is a blender or food processor, a steamer basket and ice cube trays.

Pick up a few vegetables and fruits — broccoli, carrots, cauliflower, peas, sweet potatoes, apples, mango. Anything except citrus fruits will do.

Clean and peel the food, steam it in separate batches, and then puree it in a blender

Essential tips

- **Safety.** Practice safe food-handling procedures.
- **Brush.** Scrub fruits and veggies very well with a vegetable brush.
- **Mashing.** Soft fruits like bananas need only be mashed. Hard fruits should be cooked first.
- **Less is more.** Don't add salt and sugar.



Making baby food at home only requires a few tools. ISTOCK

or food processor until it is smooth. Spoon the purees into ice cube trays, cover with plastic wrap and freeze. Once frozen, dump the cubes into labelled freezer bags. They'll keep for up to three months.

In less than two hours, you can make enough food for baby for a month.

To prepare food from frozen, remove the required cubes and thaw them overnight in a

small container in the fridge. Initially, baby may only eat half a cube or less, but will soon move up to a cube or two or more of different foods.

Making your own baby food will trim between \$10 to \$15 a month off your food budget, or more as baby consumes more. Quality and taste are also among the reasons most parents give for making their own baby food. By making your own

baby food, you'll have greater control over what your children eat, and their taste buds can be exposed to foods the rest of the family already enjoys.

You'll also make fewer trips to the grocery store, saving yourself the hassle of lugging home and then recycling all those little jars.

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Activities

Get their hands dirty

Summer is about memories and exploration. Mess can help to remove inhibition and allow kids to learn more about themselves.

Let them get messy!

Body painting with pudding

Pudding is edible (obviously!), which is both yummy and safer for young ones who get right into sensory activities with all their taste buds!

Mud pie madness

Whether it's splashing in an old-fashioned nature-generated mud puddle or self-creating one with water and dirt, mud is a joy of childhood that should not be missed. Dirt can be squished and built into structures like sand castles.

Finger painting foolin'

One of our favourite things to do is create massive murals with finger paint. Roll out long rolls of paper outside and tell your children to create a masterpiece. Look around the garden for natural inspiration and paint with a pinecone or stamp with a dandelion head — experiment. And, get messy!

MOMSTOWN

You're six tips away from better family photos

Your kiddos are finally not screaming.

You grab your camera and think, "I only get one shot. Once they hear that little 'click,' the calmness turns to chaos." You take a chance — click — chaos ensues.

Sadly though, your picture isn't quite how you imagined it. Maybe it is too dark or too bright or it's all fuzzy. Let's fix that.

Here are some tips and tricks to taking better pictures of your kiddos:

Always be prepared

Having your camera with you at all times (with totally

charged batteries and empty memory cards) is key.

You never know when those "special moments" will happen!

One rule for most photographers is quantity then quality. Take lots and lots of pictures to ensure that you get one that is just right.

Make a date with your camera

Set aside some time to go over the manual and the camera together. Read and practice at the same time.

Knowing how your camera works always helps when you want to take a picture.

Find the light

Photography is all about lighting and finding the best light is key to getting amazing images.

For most photographs, you want soft lighting. To avoid shadows popping up in images, make sure that there are no bright sunbeams shining onto your subject.

When you are outdoors, find some open shade instead of direct sunlight. This will make a world of difference in your final images.

Take the time to focus

It is imperative that you take the time to focus on

the image you want to capture.

On most cameras this means pushing the shutter button half-way and letting the camera do its thing.

Once you're happy, push the button the rest of the way down and wait until you hear the click.

When focusing for portraits, make sure that your focus point is placed on the subject's eye.

Think outside the box

Once you find the best light for the image you're looking to get, just get your subject in it and YOU do

the moving around.

Get lots of different angles and don't be afraid to think outside the box. Sometimes an off-centre image is more intriguing than a straight-on one.

Variety is important

When you look back at your images you want to remember all the tiny details about your little one, you also won't want all your images to look the same.

Don't forget about babies' little feet and hands, tiny noses, and squishy lips!

NICOLE HERDMAN,
YUMMYMUMMYCLUB.CA

Give the traditional burger a Mediterranean makeover



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Giving Mediterranean flavour to a traditional burger is perfect for a summer barbecue. The sauce is a must and if you want a bun, go for a multi-grain one.

1. Burgers: Combine the ground beef, egg, dried basil and oregano, bread crumbs, ketchup, garlic, onion and

feta in a large bowl and shape into 4 burger patties. Grill or sauté in a pan lightly coated with cooking spray. Cook on 1 side for 7 minutes, then turn over and cook 3 to 5 more minutes or just until beef is done.

2. Combine all the sauce ingredients in a food processor and purée until smooth.

3. Serve the burgers with the sauce and garnish with fresh basil or parsley. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)**

Ingredients

Burgers

- 1 lb extra-lean ground beef
- 1 egg
- 1 tsp dried basil
- 1/2 tsp dried oregano
- 3 tbsp seasoned dry bread crumbs
- 3 tbsp ketchup
- 2 tsp finely chopped garlic
- 1/4 cup finely chopped onion
- 1/4 cup crumbled feta cheese

Sauce

- 1/4 cup crumbled feta cheese
- 1/4 cup light cream cheese, softened
- 3 tbsp low-fat plain yogurt (or sour cream)
- 1/2 tsp finely chopped garlic
- 1 tbsp lemon juice
- 1 tbsp water
- 1/2 tsp dried basil
- 3 tbsp chopped fresh basil or parsley (for garnish)

This recipe serves four and takes less than 30 minutes to make. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Queen of Green

Circling the drain issues with cleaners



QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

How can I unclog a drain without using toxic chemicals?

Christine of London, Ont. Chemical drain cleaners are some of the most toxic household cleaning supplies lurking under your kitchen sink. It's best to avoid them.

Many drain openers contain sodium hydroxide (also known as lye and caustic soda). It's highly corrosive, can burn eyes, skin and lungs and is a respiratory irritant. Long-term exposure in the air may lead to ulceration of the nasal passages and chronic skin irritation. Prevention is the key to keeping your drains clear. Use a drain basket or screen to keep hair and food scraps out.

It's a quick and cheap solution since 99 per cent of the time your drain is clogged with these pesky organics (often well coated in soap scum).

And, never pour grease down the drain. It will coat your pipes and you'll regret it. A plunger or snake is a



simple mechanical solution, or try my simple home remedy with food-grade ingredients!

You'll need one cup of white vinegar, half a cup of baking soda and four cups of boiling hot water.

Step 1: Sprinkle the baking soda down the drain.

Step 2: Pour the vinegar down the drain and watch it fizz for five to 10 minutes.

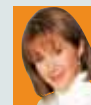
Step 3: Chase the first two ingredients with boiling water (careful not to burn yourself with the steam). This recipe will work best when used regularly, say monthly, and once you've removed any

large bits of debris from your kitchen or bathroom sink manually.

And beware of sodium hydroxide in other cleaner products like oven cleaners, bathroom cleaners, disinfectants and toilet-bowl cleaners. Make my simple green cleaning recipes instead, which you can find at queenofgreen.ca.

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Everyone loves heading to Dairy Queen for sweet treats. Believe it or not, some are actually healthier than others.

Dairy Queen hot fudge shake (med)

770 calories/ 29 g fat/ 21 g sat fat/ 96 g sugar

The word "shake" always means you should watch out. Ice cream and excess chocolate sauce gives you half your day's calories and two days' worth of sugar.



Equivalent

One medium Dairy Queen hot fudge sundae is equal to 22 pieces of bacon-wrapped scallops from M&M Meatshop in calories.



Dairy Queen hot fudge sundae (med)

447 calories/ 15 g fat/ 10 g sat fat/ 57 g sugar

The sundae consists of vanilla soft serve with sauce. Try a small or ask for less sauce to make a difference.



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We can (have it all), but we still have to make all these changes: Author

A female fallacy?
Author Anne-Marie Slaughter responds to the 1.2 million readers of her controversial article about women and work-life balance

MICHELLE CASTILLO
Metro World News

By many standards, Anne-Marie Slaughter — professor of politics and international affairs at Princeton University, former dean of Princeton's Woodrow Wilson School of Public and International Affairs and former director of policy planning for the U.S. State Department — has had it all. So, when she wrote an article in *The Atlantic* explaining how women can't have it all, it sparked a debate on both sides of the debate.

More than 1.2 million people have come to *The Atlantic*

to read Slaughter's piece, which has more than 2,000 comments and over 173,000 Facebook likes — making it the most read piece on *The Atlantic* site, and on track to be the most read ever.

Metro World News spoke to Slaughter about what she wished she clarified in the piece and how other generations might have interpreted the piece in different ways.

As a 25-year-old young professional who wants to have a career, I was intrigued by your article, and I know that a lot of people my age were as well. I noticed that you mentioned that you set it up in the wrong framework in a chat you had later on *The Atlantic*. Can you explain that a little bit more?

As I keep telling people, this is in part a generational thing. My generation having it all meant, my mother's generation had no option to work. My mother wanted to go to medical school, and she was told, "You're going to get married." That was pretty



Anne-Marie Slaughter, author of *Why Women Still Can't Have it All*.
GETTY IMAGES

common.

My generation suddenly had options. We could go to law school and med school, and we could have the careers our mothers could not have, and we could have those careers and you could still have a family. And, that's what having it all meant.

So when I sent my article around to people of my generation

as well as younger women, many of them wrote back and said, "Look your message is women can't have it all — yet." In other words, we can, but we still have to make all these changes.

That's the message I was trying to drive home, which is you can have the same choices that men do. You make those choices that men do, that's

fine, but we need to make the following choices.

And for people my age?

What I see is for another generation, and maybe two more generations after me — Gen X and Gen Y at least — you hear that very differently, right? You don't understand where it comes from. You can't imagine a world where women had no options. So to you it sounds like — you know, I think Rebecca (Traister of *Salon*) was right — it sounds picky, it sounds particularly bad to talk about having it all when so many Americans are in danger of what they have at all. They have much less.

So I think the framework needs to change, but what I said this morning, what I've said in tweets and interviews is that it's not that easy to talk about it. Yes, it's work-life balance, but it's still an issue that affects women more than men.

I thought the way to go about having it all is to work as hard as you can, have as much as a career as you can until you

reach your late 30s when you can decide to have children and then try to resume your career again when our children are 8, 9 or 10?

You can't wait until your late 30s to have kids. You just don't want to go through what my generation went through. I can't tell you everything women have written to me after the article to explain that you know that they got to where I got and wanted to have kids. You take a look at what happens after you're 35 to your fertility. For women like me, who miraculously through IVF (in-vitro fertilization) managed to have my first child and my pregnancy came pretty quickly, but there are women who didn't.

Even if you can, if there is any way to avoid it, you don't want to be there, you don't want to be having to go through and all the shots and technology and feeling pretty desperate at that point. It's hard to explain to a 25-year-old what a 35-year-old biological clock feels like, but it's real.

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Restoring the lives around him

Home is where his heart is. Richard Walls has used his designing expertise to do good in his 'hood



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Richard Walls is a visionary entrepreneur who wears his heart on his sleeve.

He's also revitalizing Winnipeg's downtown, one old building at a time, while he gives people who are suffering on the street a new lease on life.

Walls enjoyed a tremendous career as a designer in

Kindness over cash

"I never thought I'd become a social worker and a designer but my work is more rewarding to me than getting a big cheque at the end of the day."

Richard Walls

the hospitality industry.

He also took the lead in restoring Winnipeg's warehouse district and along the way he turned an old hotel on Main Street into 40 rooms of safe and dry housing.

"We took the main floor room and turned it into a drop-in centre for people on the street to come in

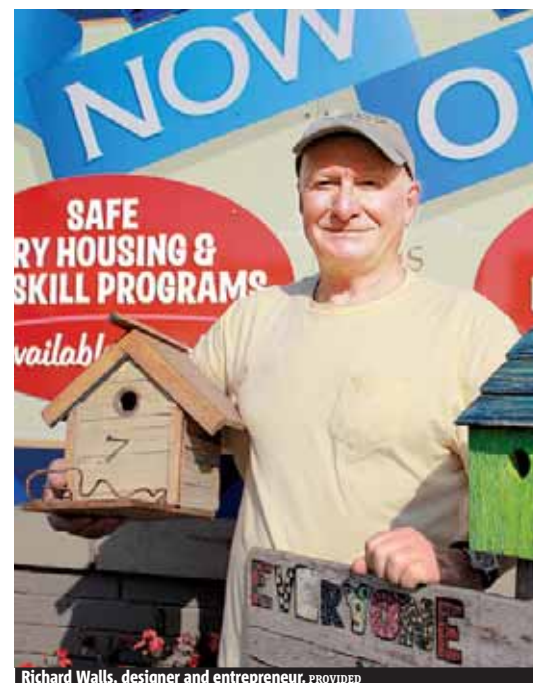
Secrets of success

Richard Wall's business tips

- There's nothing better than the apprenticeship model. Start small and get to know the business.
- Understand the people that work with you and deliver your ideas. Rather than be an expert, get your

hands dirty and walk a mile in their shoes.

- Have honesty and integrity and remember that it's not about making a quick buck.
- Make sure you can add value to anything you get involved with.



Richard Walls, designer and entrepreneur. PROVIDED

and get involved in arts and crafts. We found vast majority have mental health issues and are in recovery from drug and alcohol issues. We work with them to give them a more complete life. I never thought

I'd become a social worker and a designer but my work is more rewarding to me than getting a big cheque at the end of the day. It's not about making money it's about making a difference in life."

Tennis

Federer wins 7th Wimbledon title

Roger Federer won his record-tying seventh Wimbledon title Sunday, beating Andy Murray 4-6, 7-5, 6-3, 6-4 under a closed roof on Centre Court.

The 17-time Grand Slam champion excelled once the roof was closed early in the third set, giving Murray little chance to end Britain's 76-year wait for a homegrown champion.

The victory also clinched a return to the top of the ATP rankings for Federer, overtaking Novak Djokovic, after an absence of a little more than two years.

Federer is now 17-7 in Grand Slam finals, including 7-1 at Wimbledon. Murray dropped to 0-4 in major finals, with three of those losses coming against Federer.

The last British man to win the Wimbledon title was Fred Perry in 1936.

Meanwhile, Filip Peliwo of Vancouver beat Australia's Luke Saville 7-5, 6-4 to win the junior boys' singles crown, a day after fellow Canuck Eugenie Bouchard won the girls' trophy.

The Westmount, Que., native also added the girls' doubles crown on Sunday as she and Taylor Townsend of the U.S. defeated Switzerland's Belinda Bencic and Croatia's Ana Konjuh 6-4, 6-3.

THE ASSOCIATED PRESS/
THE CANADIAN PRESS



Roger Federer
CLIVE BRUNSKILL/GETTY IMAGES

Triathlon. Canadians dominate in Edmonton

Canadian triathletes bullied the Edmonton triathlon on Sunday, claiming gold and silver in both the men's and women's races.

Vancouver's Lauren Campbell and Sarah-Anne Brault of Levis, Que., earned the top spots in the women's race, with Bermuda's Flora Duffy taking bronze to prevent a Canuck podium sweep.

On the men's side, Kyle Jones of Hamilton, Ont., picked up his first World Cup win in a time of 57 minutes 33 seconds while Alexander Hinton of Kingston, Ont.,



Lauren Campbell
ARNOLD LIM/THE ASSOCIATED PRESS/
INTERNATIONAL TRIATHLON UNION

took silver. American Jarrod Shoemaker rounded out the podium. THE CANADIAN PRESS

IndyCar. Hunter-Reay wins third race in a row

Ryan Hunter-Reay took the checkered flag Sunday at the Honda Indy Toronto for his third consecutive IndyCar victory.

Hunter-Reay took the lead on Lap 49, lost it briefly on a pit stop, and regained it for good on Lap 57.

Defending champion Dario Franchitti started from the pole but lost time on a bad pit stop and finished the race in a collision with Ryan Briscoe. It's the third race in a row Hunter-Reay has won after Franchitti started in first place.

The victory is Hunter-

On the podium

Charlie Kimball finished a career-best second, while Mike Conway was third.

Reay's first on a street course this season and moved the 31-year-old American 34 points clear of Will Power for the overall points lead.

Engine issues plagued James Hinchcliffe all weekend and they knocked him out of the race on Lap 28.

THE CANADIAN PRESS

Roughriders' defence overpowers Eskimos

CFL. Saskatchewan racks up six QB sacks, limits division rival to just one point

Chris Milo's first-quarter field goal provided the game-winning points and the Saskatchewan Roughriders registered six quarterback sacks in a 17-1 win over the visiting Edmonton Eskimos in CFL action Sunday.

The win was the Roughriders' first over a West Division opponent since November 2010. Saskatchewan (2-0) was 0-10 against divisional opponents last year.

After riding a player-of-the-week performance from quarterback Darian Durant to victory in Week 1, the Riders got it done Sunday with defence. Edmonton (1-1) was limited to one first down in the first quarter as starting QB Steven Jyles struggled to find his receivers.

Milo was 2-for-3 on field

Sunday's game

17

Roughriders

1

Eskimos

goals, hitting a 32-yarder in the first quarter, missing from 46 in the third, and connecting from 17 in the fourth to cap the scoring. He also added a pair of 56-yard punt singles. Edmonton's lone point came off a 62-yard punt single from Burke Dales on the first series of the second quarter.

Kerry Joseph replaced Jyles midway through the second quarter but the Eskimos' fortunes changed little. Brent Hawkins recovered an Edmonton fumble on the Eskimos' next offensive series, and punter Burke Dales conceded a safety on the possession after that following Woody Turenne's sack of Joseph.

THE CANADIAN PRESS



Edmonton Eskimos slotback Adarius Bowman is tackled by Saskatchewan Roughriders defensive back Terrell Maze in Regina Sunday.

LIAM RICHARDS/THE CANADIAN PRESS

4

SPORTS

Tour de France

Pinot wins 8th stage

Thibaut Pinot gave France its first stage victory in the Tour de France on Sunday while Bradley Wiggins of Britain kept the overall lead as the race entered Switzerland. Pinot broke away from the pack during a steep, final climb and captured the 157.5-kilometre eighth stage from Belfort to the Swiss town of Porrentruy.

THE ASSOCIATED PRESS

Mobile news



Heading into Major League Baseball's All-Star break, the Philadelphia Phillies may need more than four days to recover from a dreadful first half. The five-time NL East champions have lost 10 of 11 games and are 13 games under .500 (37-50). And the losing is taking its toll on players and manager Charlie Manuel. Scan the code for the story.

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MLB

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
New York	51	33	.607	—
Baltimore	45	40	.529	6½
Tampa Bay	45	41	.523	7
Boston	43	42	.506	8½
Toronto	43	43	.500	9

CENTRAL DIVISION				
	W	L	Pct	GB
Chicago	47	38	.553	—
Cincinnati	44	41	.518	3
Cleveland	44	42	.512	3½
Detroit	37	47	.440	9½
Kansas City	36	48	.429	10½
Minnesota	36	48	.429	10½

WEST DIVISION				
	W	L	Pct	GB
Texas	51	34	.600	—
Los Angeles	48	38	.558	3½
Oakland	43	43	.500	8½
Seattle	36	51	.414	16

Sunday's results

Detroit 7, Kansas City 1
Tampa Bay 7, Cleveland 6
Toronto 11, Chicago White Sox 9
L.A. Angels 6, Baltimore 0
Oakland 2, Seattle 1, 13 innings
Minnesota at Texas

N.Y. Yankees at Boston

Saturday's results

N.Y. Yankees 6, Boston 1, 1st game
Detroit 8, Kansas City 7
Chicago White Sox 2, Toronto 0
Cleveland 7, Tampa Bay 3
Texas 4, Minnesota 3, 10 innings
Boston 9, N.Y. Yankees 5, 2nd game
L.A. Angels 3, Baltimore 0
Seattle 7, Oakland 1

Tuesday's game

All Times Eastern

All-Star Game at Kansas City, MO, 8:15 p.m.

ALL-STAR GAME ROSTERS

(X=starter; y=injured will not play; z=voted final spot)

AMERICAN LEAGUE

PITCHERS

Ryan Cook, rh, Oakland
z-Yu Darvish, rh, Texas
Matt Harrison, lh, Texas
Felix Hernandez, rh, Seattle
Jim Johnson, rh, Baltimore
Joe Nathan, rh, Texas
Jake Peavy, rh, Chicago
Chris Perez, rh, Cleveland
David Price, lh, Tampa Bay
Fernando Rodney, rh, Tampa Bay
y-CC Sabathia, lh, New York
Chris Sale, lh, Chicago White Sox
Justin Verlander, rh, Detroit
Jared Weaver, rh, Los Angeles
y-C.J. Wilson, lh, Los Angeles

CATCHERS

Joe Mauer, Minnesota
x-Mike Napoli, Texas
Matt Wieters, Baltimore
INFELDERS
Elvis Andrus, Texas
x-Adrian Beltre, Texas
Asdrubal Cabrera, Cleveland
Miguel Cabrera, Detroit
x-Robinson Cano, New York
x-Prince Fielder, Detroit
x-Derek Jeter, New York
Ian Kinsler, Texas
Paul Konerko, Chicago White Sox

OUTFIELDERS

x-Joe Bautista, Toronto
x-Curtis Granderson, New York
x-Josh Hamilton, Texas
Adam Jones, Baltimore
Mike Trout, Los Angeles
Mark Trumbo, Los Angeles
Designated Hitters
Billy Butler, Kansas City
Adam Dunn, Chicago White Sox
x-David Ortiz, Boston

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Washington	49	34	.590	—
Atlanta	46	39	.541	4
New York	46	40	.535	4½
Miami	41	44	.482	9
Philadelphia	37	50	.425	14

CENTRAL DIVISION				
	W	L	Pct	GB
Pittsburgh	48	37	.565	—
Cincinnati	47	38	.553	1
St. Louis	46	40	.535	2½
Milwaukee	40	45	.471	8
Chicago	33	52	.388	15
Houston	33	53	.384	15½

WEST DIVISION				
	W	L	Pct	GB
Los Angeles	47	40	.540	—
San Francisco	46	40	.535	½
Arizona	42	43	.494	4
San Diego	34	53	.391	13
Colorado	33	52	.388	13

Sunday's results

Chicago Cubs 7, N.Y. Mets 0
Atlanta 4, Philadelphia 3
Colorado 4, Washington 3
Pittsburgh 13, San Francisco 2
Milwaukee 5, Houston 3, 10 innings
St. Louis 5, Miami 4
Cincinnati 4, San Diego 2
Arizona 7, L.A. Dodgers 1

Saturday's results

Washington 4, Colorado 1
Houston 6, Milwaukee 3
Pittsburgh 3, San Francisco 1
N.Y. Mets 3, Chicago Cubs 1
St. Louis 3, Miami 2
Atlanta 6, Philadelphia 3
Cincinnati 6, San Diego 5
Arizona 5, L.A. Dodgers 3

NATIONAL LEAGUE

PITCHERS

Matt Cain, rh, San Francisco
Aroldis Chapman, lh, Cincinnati
R.A. Dickey, rh, New York
Gio Gonzalez, lh, Washington
Cole Hamels, lh, Philadelphia
Joel Hanrahan, rh, Pittsburgh
Clayton Kershaw, lh, Los Angeles
Craig Kimbrel, rh, Atlanta
Lance Lynn, rh, St. Louis
Wade Miley, lh, Arizona
Jonathan Papelbon, rh, Philadelphia
Stephen Strasburg, rh, Washington
Houston Street, rh, San Diego

CATCHERS

y-Yadier Molina, St. Louis
x-Buster Posey, San Francisco
Carlos Ruiz, Philadelphia

INFELDERS

Jose Altuve, Houston
Starlin Castro, Chicago Cubs
y-Ian Desmond, Washington
z-David Freese, St. Louis
x-Rafael Furcal, St. Louis
Chipper Jones, Atlanta
Bryan LaHair, Chicago
x-Pablo Sandoval, San Francisco
x-Dan Uggla, Atlanta
x-Joe Votto, Cincinnati
David Wright, New York

OUTFIELDERS

x-Carlos Beltran, St. Louis
Michael Bourn, Atlanta
Ryan Braun, Milwaukee
Jay Bruce, Cincinnati
x-Melky Cabrera, San Francisco
Carlos Gonzalez, Colorado
Bryce Harper, Washington
Matt Holliday, St. Louis
y-Matt Kemp, Los Angeles
Andrew McCutchen, Pittsburgh
y-Giancarlo Stanton, Miami

BLUE JAYS 11, WHITE SOX 9

Toronto	ab	r	h	bi	Chicago	ab	r	h	bi
RDavis lf	3	2	0	0	De Aza cf	5	3	1	0
Rasmus cf	4	2	2	3	Youkilis 3b	4	1	3	1
Bautist rf	3	2	1	1	A.Dunn 1b	4	1	0	1
Encnc 1b	4	1	1	2	Konerk dh	4	1	0	0
Lind dh	4	0	1	1	Rios rf	5	3	3	4
YEsorc ss	5	1	1	0	AlRmz ss	5	0	3	2
KJhnsn 2b	4	1	1	2	Viciedo lf	4	0	2	1
Vizquel 3b	5	1	1	0	Flowers c	3	0	0	0
Mathis c	5	1	2	1	Przyns ph-c	1	0	0	0
Böhm 2b	5	0	2	0					
Totals	37	11	10	10	Totals	40	9	14	9

Toronto 300 041 100 9
Chicago 300 041 100 9
E—Vizquel (1), DP—Toronto 1, LOB—Toronto 9, Chicago 10. 2B—Rasmus (18), Bautista (12), Lind (8), Mathis (5), De Aza (16), Youkilis (9), Rios 2 (19), Viciedo (8). 3B—AlRamirez (3), HR—Rasmus (17), Encarnacion (23), K.Johnson (10), Mathis (5), Rios (12), SB—R.Davis 3 (23), Vizquel (2). SF—Viciedo.

Toronto	IP	H	R	ER	BB	SO
Cecil	4-1-3	6	7	6	3	5
J.Chavez	2-3	1	0	0	0	2
L.Perez	1	4	2	2	0	1
Fraser W-11,H,12	1	0	0	0	1	2
Oliver H-10	1-3	1	0	0	0	1
Janssen S,12-13	1-2-3	2	0	0	0	3
Chicago						
Axelrod L,P-2	3	6	7	7	2	4
Omogrosso	21-3	1	2	2	3	1
Septimo	0	0	1	1	1	0
N.Jones	2-3	2	1	1	1	0
H.Santiago	3	1	0	0	2	2
T-3:48. A-27,190 (40,615).						

GOLF

PGA GREENBRIER CLASSIC

At White Sulphur Springs, W.Va.

Par 70 (34-36)

Final Round

x-Ted Potter, Jr., \$1,098,000	69-67-64-64=264
Tony Kelly, \$658,800	69-67-62-66=264
Charlie Beljan, \$353,800	70-62-67-67=266
Charlie Wi, \$353,800	67-66-68-65=266
Daniel Summerhays, \$244,000	67-67-68-64=267
Martin Flores, \$219,600	64-68-69-67=268
Roberto Castro, \$177,510	71-64-71-63=269
Ken Duke, \$177,510	66-68-65-70=269
Kevin Na, \$177,510	69-67-68-66=269
Sean O'Hair, \$177,510	66-68-69-66=269
Webb Simpson, \$177,510	65-66-65-73=269
John Daly, \$119,560	68-67-70-65=270
Graham DeLaet, \$119,560	67-70-64-69=270
Graham Hearn, \$119,560	69-68-67-66=270
Jerry Kelly, \$119,560	66-66-70-68=270

U.S. WOMEN'S OPEN

At Kohler, Wisc.

Par 72

Final Round

Na Yeon Choi, \$585,000	71-72-65-73=281
Amy Yang, \$350,000	73-72-69-71=285
Sandra Gal, \$218,840	71-70-74-74=289
Il Hee Lee, \$128,487	72-71-77-70=289
Shanshan Feng, \$128,487	74-74-71-71=290
Giulia Sergas, \$128,487	74-71-73-72=290
Paula Creamer, \$94,736	73-73-71-74=291
Mika Miyazato, \$94,736	71-71-73-76=291
Se Ri Pak, \$72,596	72-73-76-71=292
Suzann Pettersen, \$72,596	71-68-78-75=292
Cristie Kerr, \$72,596	69-71-77-75=292
Inbee Park, \$72,596	71-70-76-75=292
Nicole Castrale, \$72,596	73-70-74-75=292
Cindy LaCrosse, \$55,161	73-74-72-72=293
So Yeon Ryu, \$55,161	74-71-74-74=293
Also	
Lorie Kane, \$8,055	76-73-82-76=307
Sue Kim, \$7,784	75-72-85-81=313

CYCLING

TOUR DE FRANCE

At Porrentruy, France

Leading results Sunday from the eighth stage of the Tour de France, a 157.5-kilometre-hilly ride to the Jura mountains from Belfort to Porrentruy, with seven categorized climbs, four successive Category 2 and a Category 1 near the finish; Monday's 41.5-km ninth stage runs from Arc-et-Senans to Besancon:

1. Thibaut Pinot, France, FDJ-Big Mat, three hours, 56 minutes, 10 seconds; 2. Cadel Evans, Australia, BMC Racing, 0:26 behind; 3. Tony Gallopin, France, RadioShack-Nissan, same time; 4. Bradley Wiggins, Britain, Sky Proccycling, same time; 5. Vincenzo Nibali, Italy, Liquigas-Cannondale, same time; 6. Jurgen Van den Broeck, Belgium, Lotto Belisol, same time; 7. Chris Froome, Britain, Sky Proccycling, same time; 8. Denis Menchov, Russia, Katusha, same time; 9. Haimar Zubeldia, Spain, RadioShack-Nissan, same time; 10. Frank Schleck, Luxembourg, RadioShack-Nissan, 0:30.

11. Christopher Horner, U.S., RadioShack-Nissan, same time; 12. Fredrik Kessiakoff, Sweden, Astana, 0:47; 13. Nicolas Roche, Ireland, France, AG2R La Mondiale, 1:25; 14. Chris Anker Sorensen, Denmark, Team Saxo Bank-Tinkoff Bank, same time; 15. Maxime Monfort, Belgium, RadioShack-Nissan, same time; 16. Pierre Rolland, France, Team Europcar, same time; 17. Michele Scarponi, Italy, Lampre-ISD, same time; 18. Tejay Van Garderen, U.S., BMC Racing, same time; 19. Rui Costa, Portugal, Movistar, same time; 20. Levi Leipheimer, U.S., Omega Pharma-QuickStep, same time.

Also

30. Andreas Kloeend, Germany, RadioShack-Nissan, 2:21; Samuel Sanchez, Spain, Euskaltel-Euskadi, withdrew.

Overall Standings

(After eighth of 20 stages)

1. Bradley Wiggins, Britain, Sky Proccycling, 38 hours, 17 minutes, 56 seconds; 2. Cadel Evans, Australia, BMC Racing, 0:10 behind; 3. Vincenzo Nibali, Italy, Liquigas-Cannondale, 0:16; 4. Denis Menchov, Russia, Katusha, 0:54; 5. Haimar Zubeldia, Spain, RadioShack-Nissan, 0:59; 6. Chris Froome, Britain, Sky Proccycling, 1:32; 7. Maxime Monfort, Belgium, RadioShack-Nissan, 2:08; 8. Jurgen Van den Broeck, Belgium, Lotto Belisol, 2:11; 9. Nicolas Roche, Ireland, France, AG2R La Mondiale, 2:21; 10. Rein Taaramae, Estonia, Cofidis, 2:27. 11. Tony Gallopin, France, RadioShack-Nissan, 3:13; 12. Rui Costa, Portugal, Movistar, 3:24; 13. Thibaut Pinot, France, FDJ-Big Mat, 3:41; 14. Christopher Horner, U.S., RadioShack-Nissan, 3:43; 15. Frank Schleck, Luxembourg, RadioShack-Nissan, 3:47; 16. Janez Brajkovic, Slovenia, Astana, 4:03; 17. Tejay Van Garderen, U.S., BMC Racing, 4:08; 18. Ivan Basso, Italy, Liquigas-Cannondale, 4:12; 19. Andreas Kloeend, Germany, RadioShack-Nissan, 4:24; 20. Pierre Rolland, France, Team Europcar, 4:26.

Note: Ryder Hesjedal of Victoria has withdrawn from the Tour de France due to injury suffered on Friday.

TENNIS

WIMBLEDON

At London

Sunday's results

Men

Singles

Championship

Roger Federer (3), Switzerland, def. Andy Murray (4), Britain, 4-6, 7-5, 6-3, 6-4.

Mixed Doubles

Championship

Mike Bryan and Lisa Raymond (2), U.S., def. Leander Paes, India, and Elena Vesnina (4), Russia, 6-3, 5-7, 6-4.

Juniors

Boys

Singles

Championship

Filip Pelivo (4), Vancouver, def. Luke Saville (1), Australia, 7-5, 6-4.

Girls

Doubles

Championship

Eugenie Bouchard, Westmont, Que., and Taylor Townsend (1), U.S., def. Belinda Bencic, Switzerland, and Ana Konjuh (7), Croatia, 6-4, 6-3.

Saturday's results

Men

Doubles

Championship

Jonathan Marray, Britain, and Frederik Nielsen, Denmark, def. Robert Lindstedt, Sweden, and Horia Tecau (5), Romania, 4-6, 6-4, 7-6 (5), 6-7 (5), 6-3.

Women

Singles

Championship

Serena Williams (6), U.S., def. Agnieszka Radwanska (3), Poland, 1-6, 7-5, 6-2.

Doubles

Championship

Serena and Venus Williams, U.S., def. Andrea Hlavackova and Lucie Hradecka (6), Czech Rep., 7-5, 6-4.

Juniors

Singles

Championship

Eugenie Bouchard (5), Westmont, Que., def. Elina Svitolina (3), Ukraine, 6-2, 6-2.

AUTO RACING

IRL INDYCAR

At Toronto

Sunday's results

1. (7) Ryan Hunter-Reay, Chevrolet, 85 laps; 2. (15) Charlie Kimball, Honda, 85; 3. (13) Mike Conway, Honda, 85; 4. (18) Tony Kanaan, Chevrolet, 85; 5. (16) Oriol Servia, Chevrolet, 85; 6. (8) Helio Castroneves, Chevrolet, 85; 7. (17) J.R. Hildebrand, Chevrolet, 85; 8. (19) James Jakes, Honda, 85; 9. (11) Takuma Sato, Honda, 85; 10. (6) Alex Tagliani, Lachenaie, Que., Honda, 85. 11. (20) Rubens Barrichello, Chevrolet, 85; 12. (10) Simon Pagenaud, Honda, 85; 13. (22) Josef Newgarden, Honda, 84; 14. (4) Sebastian Bourdais, Chevrolet, 84; 15. (2) Will Power, Chevrolet, 84; 16. (24) Marco Andretti, Chevrolet, 84; 17. (1) Dario Franchitti, Honda, 84; 18. (23) Ed Carpenter, Chevrolet, 84; 19. (14) Ryan Briscoe, Chevrolet, 83, contact; 20. (25) E.J. Viso, Chevrolet, 81. 21. (3) Justin Wilson, Honda, 67, contact; 22. (9) James Hinchcliffe, Oakville, Ont., Chevrolet, 28, mechanical; 23. (12) Graham Rahal, Honda, 23, contact; 24. (21) Simona de Silvestro, Lotus, 9, mechanical; 25. (5) Scott Dixon, Honda, 7, mechanical.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Toronto	2	1	0	54	55	2	
Montreal	2	1	1	0	51	68	2
Hamilton	2	0	2	0	52	82	0
Winnipeg	2	0	2	0	46	74	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	2	2	0	0	72	52	4
Saskatchewan	2	2	0	0	60	17	4
Calgary	2	1	1	0	74	49	2
Edmonton	2	1	1	0	20	32	2

WEEK TWO

All Times Eastern

Sunday's result

Saskatchewan 17 Edmonton 1

Saturday's result

Toronto 39 Calgary 36

Friday's results

B.C. 39 Hamilton 36

Montreal 41 Winnipeg 30

SOCCER

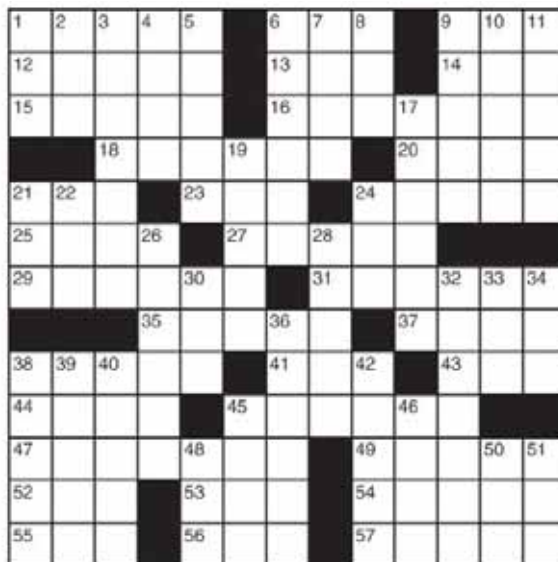
Across

- 1 Advice
- 6 Morse morsel
- 9 Mel of baseball lore
- 12 1960s jacket style
- 13 Rangers' play area
- 14 Spoon-bender Geller
- 15 Ermine
- 16 Eerie figure
- 18 Censors, in a way
- 20 Chills and fever
- 21 Robert Mueller's org.
- 23 Prior night
- 24 Dalmatian pattern
- 25 Outer garment
- 27 "He's — nowhere man"
- 29 Redeemed a check
- 31 Hebrew letters
- 35 Saxophonist's supply
- 37 "Scat!"
- 38 Biz bigwig
- 41 Insurrectionist, for short
- 43 Toss into the mix
- 44 Dogfight participants
- 45 Nab
- 47 PR event
- 49 Lessen
- 52 Started
- 53 Blackbird
- 54 Catcalls?
- 55 Before
- 56 Understanding

57 Group character

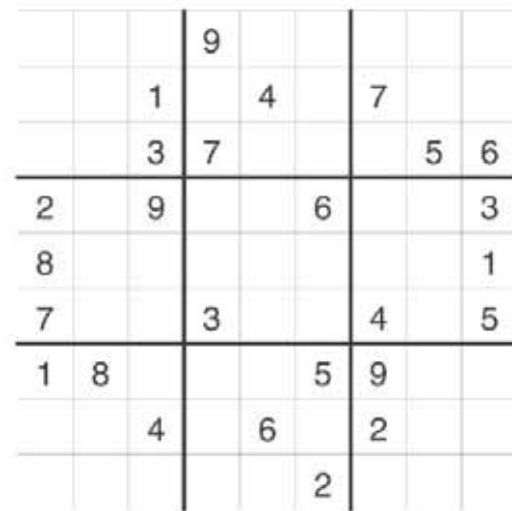
Down

- 1 Officeholders
- 2 Trawler equipment
- 3 Fears
- 4 Caspian feeder
- 5 Private student
- 6 Ladle
- 7 Pulitzer contempor-ary
- 8 Darjeeling, e.g.
- 9 Expenditure
- 10 Angler's prize
- 11 7-Down's paper
- 17 Campania's capital
- 19 Duck
- 21 Govt. agency
- 22 Feathery accessory
- 24 Frivolous one in an old song
- 26 Fencing move
- 28 Museum supporter
- 30 Conger
- 32 Old Egyptian ruler
- 33 Scuttle
- 34 Turf
- 36 Visit briefly
- 38 Syrup flavor
- 39 Earth tone
- 40 Crystal-lined rock
- 42 Point a finger at



- 45 Traffic pylon
- 46 Encourage evildoers
- 48 Squirrel's home
- 50 Teeter-totter quorum

51 Curvaceous character?



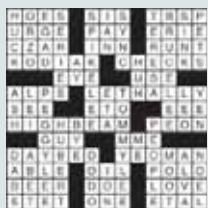
How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku



Friday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

EDVT P AYCUL-LBJBZ KA
QLVPZVS ZDPZ CWBEA WPTS.
EKWW KZ JV PT PYZBXPZVS
ZKWWVL XPQDKTV?

Yesterday's Cryptoquip: IF A GROUP OF PERCUSSIONISTS WENT AROUND SWIPING THINGS, SHOULD IT BE CALLED A STEAL BAND?
Today's Cryptoquip Clue: K equals I



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Weather

MONDAY



MAX: 32°
MIN: 12°

TUESDAY

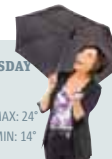


MAX: 31°
MIN: 15°

WEDNESDAY



MAX: 24°
MIN: 14°



MICHELE MCDUGALL

WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." **WEEKDAYS 5:30 AM**

Horoscope

♈ Aries | March 21 - April 20.

There have been so many good times of late that today's events may seem a bit of a letdown. Don't worry

♉ Taurus | April 21 - May 21. Try not to be guided by mob mentality today. Common sense will take you further.

♊ Gemini | May 22 - June 20.

There is something you have wanted to do for months, maybe years, but somehow never quite got around to starting. Act now

♋ Cancer | June 21 - July 22.

The more others insist that you need to shift your position the more you should insist on staying right where you are.

♌ Leo | July 23 - Aug. 22.

Adopt a wait and see attitude today and don't let others pressure you into making a snap decision.

♍ Virgo | Aug. 23 - Sept. 22.

You are on the right track and making considerable progress, so get rid of that gloomy outlook you picked up along the way and believe that wonderful things are going to happen in the very near future — and they will.

♎ Libra | Sept. 23 - Oct. 22.

You may not approve of what a friend or colleague is up to but what can you do about it?

♏ Scorpio | Oct. 23 - Nov. 21.

Don't give in to feelings of self-pity today because there is so much you can do to improve your life.

♐ Sagittarius | Nov. 22 - Dec. 21.

It would appear that someone is plotting behind the scenes and while you may not be their target you still need to take steps to protect yourself.

♑ Capricorn | Dec. 22 - Jan 20.

Is it too late to change the outcome of a situation that has been gaining momentum for quite some time?

♒ Aquarius | Jan. 21 - Feb 18.

There is no point trying to tell certain individuals where they are going wrong because they won't listen

♓ Pisces | Feb. 19 - March 20.

One of the most important things in life is that you are true to your own feelings, and if you don't feel it is right to help someone whose actions you disapprove of today then by all means turn away.

SALLY BROMPTON



Caption Contest

"Eat your heart out, Puss in Boots!"
Demetrios

APICHART WEERAWONG/ THE ASSOCIATED PRESS

Win!



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Checkered Flag event

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\$24,860



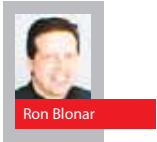
\$18,860



\$27,860



\$32,860



\$36,860



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2009 NISSAN ROGUE SL AWD #2TC6170A

2004 CHRYSLER PACIFICA TOURING #2GH9154A

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2007 DODGE DAKOTA 4X4 CLUB CAB #2R12691B

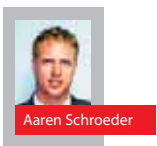
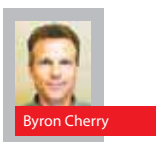
2008 CHRYSLER 300C #23C7592A

2008 PONTIAC SOLSTICE CONVERTIBLE #2T41254A

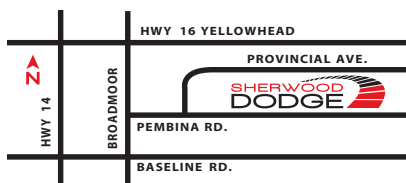
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Sun. 11am-4pm